

LOUDOUN COUNTY  
DEPARTMENT OF PARKS,  
RECREATION AND  
COMMUNITY SERVICES

Area Agency on Aging

Director

Dr. Lynn Reid

MAIN NUMBER

703-777-0257

**SENIOR SERVICES**

Program Manager

Debra Williams

**SENIOR ACTIVITY**

**CENTERS**

Dulles South

571-258-3883

Leesburg

703-737-8039

**ADULT DAY**

**CENTERS**

Manager,

Cheryl Flowers

Leesburg

703-771-5334

Manager, Megan Carriere

Purcellville

571-258-3402

**ELDER RESOURCES**

Program Manager

Kathryn VanCuren

703-777-0257

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Area Agency on Aging 215 Depot Court, SE Leesburg, VA 20175

# Silver Star

VOLUME 6, ISSUE 11



MAY 2011



## Celebrating You!

Area Agency on Aging  
Spring Recognition Event 2011



### Celebrate You



The Loudoun County Area Agency on Aging (AAA) invites you to attend the 2011 Spring Recognition

Event to celebrate our Outstanding Volunteers & Amazing Seniors.

**Celebrating You!**

**Friday, May 27**

**2:00 - 5:00pm**

**Lansdowne Resort**

AAA volunteers registered with more than 10 hours of service between April 1, 2010 to April 1,

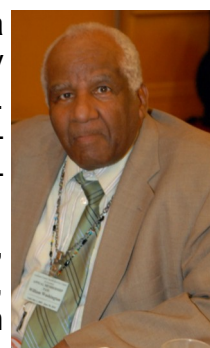


2011 will receive a complimentary ticket in the mail.

All others may purchase an admission ticket for \$15.

Enjoy savory food, dancing, music, and festivity with Volunteer Stars

and Seniors. Volunteers will receive their Year of Service Pin Award for 1, 5, 10, 15, 20 & 25 years. Wear your "Sunday Best".



Eligible Volunteers please call Jackie Mayne by Friday, May 20th to make your reservation, 703-777-0358 and all others please stop by the senior center to purchase a ticket. Limited transportation is available.



## Summer Trip and Activity Registration Begins

**Wednesday, June 1st, 2011**

Seniors may register for any trip or activity listed in the Summer Brochure or the Trip and activity listings in this Newsletter by going to any community center or senior center in Loudoun County. Registration begins at 9:00 AM on a first-come/first-serve basis.



FIND US ON THE WEB AT: [WWW.LOUDOUN.GOV/SENIORS-LEESBURG](http://WWW.LOUDOUN.GOV/SENIORS-LEESBURG)

## SENIOR ACTIVITY CENTER AT LEESBURG

215 Depot Court  
Leesburg, VA 20175  
703-737-8039



## NEWS FROM THE LEESBURG SENIOR CENTER ADVISORY BOARD

Our last get-together took place on April 7. At this meeting, two new Directors joined the Board.

Committees are hard at work contemplating our move to North Street at which time we will be known as the Senior Center of Leesburg.

The Alumni Committee has begun the search for all who attended school at North Street from 1947 to 1956. If you or anyone you know were students of this school at that time and are residing in Loudoun County, please call Al So-wards at (703) 777-3059 or the Senior Center at (703) 737-8039 to have your name listed for an upcoming event.

The Board will again meet on May 5 at 1:30pm.

# TUSCARORA

M · I · L · L

**Dinner Out - La Nuit**  
**Tuscarora Mill, Leesburg**  
**Tuesday, May 3rd at 5:00pm**

Save the first Tuesday of each month from May - October for Dinner Out with friends. No transportation provided. Reservation required. Any questions call Lynette at 703-347-3027.



**Blood Pressure checks  
provided by INOVA**  
**Wed., May 4th**  
**9:00am -12:00pm**

FREE Blood Pressure checks to anyone.

## Zumba Gold for Seniors

**A New Type of Exercise Class  
to the Music**  
**Classes every Wed. 9:30-10am**



Zumba Gold takes the formula and modifies the moves and pacing to suit the needs of the active older participant, as well as those just starting their journey to a fit and healthy lifestyle. Sign up today 327655-01.

## History Class continues in May at it's new time!

**Every Wed., May 4th—18th**  
**10:00am-11:45am**

Keith Young, retired U.S. Navy  
and active lecturer on the  
American Civil War and WWII,  
presents his second class on  
the Civil War.



Topics covered:

- Signaling, telegraphy, codes and ciphers in the Civil War.
- Building bridges with the Army of the Potomac. A look at Union & Confederate Engineers.
- The New Mexico Campaign of 1862.

## Thrift Store Shopping



**Bus to Twice As Nice**  
**Wed., May 4th**

On the 1st Wednesday of each month the bus will take you to one of the area thrift stores and back. Bus will depart from the Leesburg Senior Center at 12:45pm and return to the center at 1:55pm. Each month we will select from the list below: Twice as Nice, Resourceful Woman, Salvation Army, Blossom and Bloom and Capitol Hospice Treasures. Check the calendar for details.



## Plant Sale

Thur., May 5th  
Bus Departs at 12:30pm

Bus to Spring Plant Sale at  
Monroe Technology Center.



## Senior Expo

Thur., May 5th  
3:00 PM

2:30 pm Bus departs Center

3:00 pm Expo begins

5:00 pm Bus departs

5:30 pm Bus returns to center

\$1.00/ per person. Sign up at front desk.

## Guest Speaker

### First Friday Fun

Friday, May 6th, 2011  
10:30am



Spring is here! Please join us as we make potted plants to welcome the warm weather and sunshine! During the presentation we will discuss planting flowers, fruit and vegetables, and the best ways to make sure your gardens grow! By the end of the presentation you will have a new plant ready to take home, and with a little water and TLC, it will "spring" some new flowers in just a few weeks!



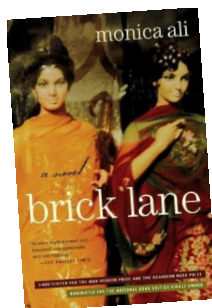
## Mother's Day Luncheon Event

Mon., May 9th  
11:30am

Mother's Day Luncheon will be held on Monday, May 9th at 11:30am. Bring a photo of your mother to share at your table and enjoy the delicious chicken lunch with Violin Player to enjoy the music

Reservation required by May 6th, 2011.

Rectrac #327694-01. Cost \$5.00



## Book Club

### "brick lane"

Author: Monica Ali  
Wed., May 11th

Copies of the book are available at the front desk. Pick up your copy today.

## Diabetes Support Group

Thurs., May 12th 11:00am



One way to help yourself is to get involved in diabetes organizations. Your participation in these groups helps in a few ways. First, you meet others with some of the same problems and concerns you have. You learn from each other's experiences. You problem-solve together. You learn that you are not the only one who feels as you do or has been through what you've been through. You may even make life-long friendships.



## History Club

with Ben Zielke  
History of Slavery in Europe  
from 500-1500AD  
Fri., May 13th 10:00am

We are glad to have Ben Zielke back to teach us some history.

## Lunchtime Music

Lunchtime Music with  
Dan Chutes  
Mon., May 16th 12:00pm

Come enjoy some wonderful music by Dan Chutes.





## Celebrate your May Birthday with us!

Wednesday, May 18th  
12:30pm

Please call ahead by noon before May 17th for lunch reservations.



## April BIRTHDAY PARTY!

On Wednesday April 20th, 2011 the Leesburg Senior Activity Center celebrated birthdays for the following members: Ann Dodson, Tucker Boxwell, Charles Tumblin, Karen Hayes, Butch Shetty and Pat Leetch



## LUNCH BUNCH

Thurs., May 19th  
at 11:00am

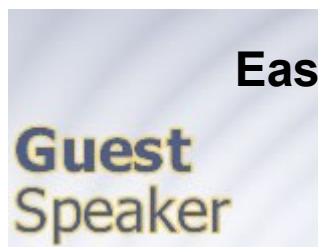
Clydes - Broadlands, VA  
\$2.00 Transportation fee  
Lunch is on your own



## Dance Fitness Fun

Fri., May 20th 11:00am

Want to get some exercise but hate treadmills and traditional exercise classes? Do you love to dance? We'll play some fun music and dance around—free style, Electric Slide, the twist, salsa, whatever the music moves us to do. Bring a favorite song or come enjoy the fun, upbeat music we have on CD here at the Senior Center.



## East Meets West

History and  
Origins of  
Religion



Wed., May 25th and June 1st,  
2011  
2:00-3:30pm

Learn the differences and similarities as you compare the history and origins of religion. Two week series. Discussion Leader: Larry Hughes.

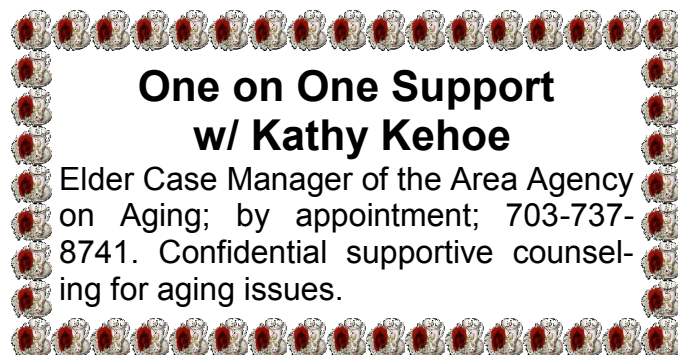


## Celebrating You!

Friday, May 27 1:00 - 4:00pm

Lansdowne Resort

See front cover for details.



## One on One Support w/ Kathy Kehoe

Elder Case Manager of the Area Agency on Aging; by appointment; 703-737-8741. Confidential supportive counseling for aging issues.



Question: Who Is This?

She is the Director of Parks, Recreation and Community Service at 215 Depot Court SE Leesburg, VA 20175.

Answer: Diane Ryburn



The Loudoun County Government has completed the name selection process. Our future center will be called:

## THE SENIOR CENTER OF LEESBURG

Renovation is still underway in Leesburg at the corner of North Street and Old Waterford Road, adjacent to the Cornwall Hospital Emergency Room Entrance. Drive by if you happen to be in the area, and take a look at the progress.

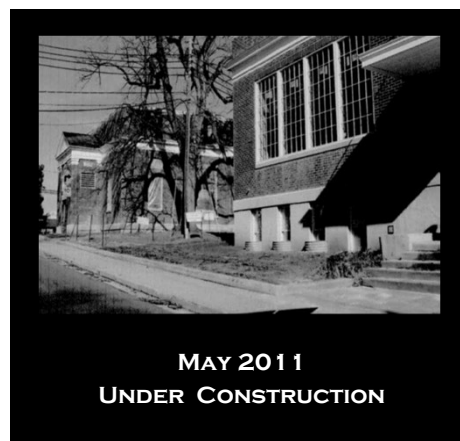
**Projected move in date is scheduled for September 2011.**



### Looking for Alumni

Were you a student at The Old Leesburg School? We are looking for you! Call 703-737-8039 with your Name, Phone, and Address so we can send you an invitation to the Alumni Reception

**Check this space each month for updated information on our move to The Senior Center of Leesburg**



Louise Gambino

## 4th Annual Senior Prom with Heritage High School

**"A Night with the Stars"**

**Fri., June 3rd**

**10:00am to 11:30am**



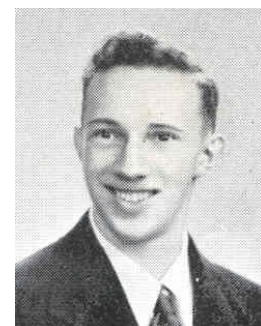
Janet Stickles

Join us for our 4th Annual Senior Prom provided by students from Heritage High School. The students invite you to walk down the red carpet and join them to share the latest dance music and styles as well as favorites from the forties, fifties and more. You'll also have a chance to be selected as Prom King or Queen.

Decorations, snacks and drinks provided by the students. If you haven't done so, please bring in your high school photo to Jackie Mayne to add to the "Senior Yearbook".



Doris Woods



Al Sowards



# Senior Activity Center at Leesburg

# MAY 2011

Open Monday—Friday 8:30am—5:00pm



## Monday

**2** 9:00am Sewing & Stitch-in  
9:00am Ceramics  
9:00am Coffee Chat  
9:00am Computer Assistance  
10:30am Bid Whist  
10:30am Walking Club  
10:30am Giant Crossword Puzzle  
**12 noon Lunch-RR-Donation**  
12:30pm Stretch & Tone  
12:45pm Pinochle & Mahjongg  
1:00pm Bowling  
2:00pm Rummikub

## Tuesday

**3** **Dinner Out**  
9:00am Coffee Chat  
9:30am Beginner Bridge RR  
10:00am Texas Hold'em  
10:00am Beginners Spanish RR  
10:00am Euchre  
10:30am Yoga with Nargis  
**12 noon Lunch-RR-Donation**  
12:30pm Shopping at Bloom  
1:00pm Party Bridge  
1:00pm Wii Bowling League  
**5:00pm Dinner out at Tuscarora Mill RR**

## Wednesday

**4** **Inova Van**  
**History Class**  
**Thrift Store Shop**  
9:00am Inova Health Van  
9:30am Zumba Gold RR  
10:00am Internet Comp. Basic RR  
10:00am History Class  
10:30am Hearing Aid Help  
10:30am Bible Study w/ Bill  
**12 noon Lunch-RR-Donation**  
12:45pm Bus to Twice As Nice  
1:00pm Line Dancing  
2:00pm Social Dance

## Thursday

**5** **Advisory Board**  
**Senior Expo**  
9:30am Yoga and Laughter  
10:00am Texas Hold'em  
10:00am Goose Creek Bridge  
11:00am Stretch & Tone w/ Mary  
**12 noon Lunch-RR-Donation**  
12:30pm Mahjongg & Pinochle  
12:45pm Bus Departs for Spring Plant Sale at Monroe Vo-Tech RR  
1:30pm Leesburg Senior Activity Center Advisory Board Meeting  
2:30pm Bus Departs for Senior Expo RR

## Friday

**6** **First Friday**  
**Fun!**  
8:30am Table Tennis  
9:00am Crochet Club  
9:00am Stitch'n B Club  
9:30am Spanish Workshop  
10:30am Walking Club  
**10:30am First Friday Fun RR**  
**12 noon Lunch-RR-Donation**  
12:45pm Bingo with Gail  
12:45pm Pinochle  
1:00pm Loudoun Bridge Buffs  
2:00pm Wii and Popcorn

## 9 Mother's Day Luncheon

9:00am Sewing & Stitch-in  
9:00am Ceramics  
9:00am Coffee Chat  
9:00am Computer Assistance  
**9:30am Investors Discussion**  
10:30am Bid Whist  
10:30am Walking Club  
10:30am Giant Crossword Puzzle  
**11:30am Mother's Day RR**  
**12 noon Lunch-RR-Donation**  
12:30pm Stretch & Tone  
12:45pm Pinochle & Mahjongg  
1:00pm Bowling  
2:00pm Rummikub

## 10

9:00am Coffee Chat  
9:30am Beginner Bridge RR  
10:00am Texas Hold'em  
10:00am Beginners Spanish RR  
10:00am Euchre  
10:30am Yoga with Nargis  
**12 noon Lunch-RR-Donation**  
12:30pm Shopping at Giant  
1:00pm Party Bridge  
1:00pm Wii Bowling League

## 11

**Book Club**  
**History Class**  
9:00am Coffee Chat  
9:30am Zumba Gold RR  
10:00am Book Club  
10:00am Internet Comp. Basic RR  
10:00am History Class  
10:30am Walking Club  
10:30am Bible Study w/ Bill  
**12 noon Lunch-RR-Donation**  
1:00pm Line Dancing  
2:00pm Social Dance

## 12 Diabetes Support

9:00am Coffee Chat  
9:30am Yoga and Laughter  
10:00am Texas Hold'em  
10:00am Goose Creek Bridge  
10:30am Euchre  
11:00am Stretch & Tone w/ Mary  
**11:00am Diabetes Support**  
**12 noon Lunch-RR-Donation**  
12:30pm Mahjongg & Pinochle  
**1:30pm Chess Club**

## 13 History Club

8:30am Table Tennis  
9:00am Coffee Chat  
9:00am Crochet Club  
9:00am Stitch'n B Club  
9:30am Spanish Workshop  
10:00am Guest Speaker History Club Ben Zielke  
10:30am Walking Club  
**12 noon Lunch-RR-Donation**  
12:45pm Bingo with Gail  
12:45pm Pinochle  
1:00pm Loudoun Bridge Buffs  
2:00pm Wii and Popcorn  
8:00pm Beaux & Belles—Let's Dance

<b>16</b> <i>White Elephant</i> <i>Bingo</i> 9:00am Sewing & Stitch-in 9:00am Ceramics 9:00am Coffee Chat 9:00am Computer Assistance 10:30am Bid Whist 10:30am Walking Club 10:30am Giant Crossword Puzzle <b>12 noon Lunch-RR-Donation</b> <b>12:30pm White Elephant Bingo</b> 12:45pm Pinochle & Mahjongg 1:00pm Bowling 1:00pm Art Studio	<b>17</b> 9:00am Coffee Chat 9:30am Beginner Bridge RR 10:00am Euchre 10:00am Texas Hold'em 10:00am Beginners Spanish RR 10:30am Yoga with Nargis <b>12 noon Lunch-RR-Donation</b> 12:30pm Shopping at Shopper's Food Warehouse 1:00pm Party Bridge	<b>18</b> <i>History class</i> <i>May B-Day</i> 9:00am Coffee Chat <b>9:30am Zumba Gold RR</b> 10:00am Internet Comp. Basic RR <b>10:00am History Class</b> 10:30am Bible Study w/ Bill 10:30am Walking Club <b>12 noon Lunch-RR-Donation</b> <b>12:30pm May B-day Party RR</b> 1:00pm Line Dancing 2:00pm Social Dance	<b>19</b> <i>Lunch Bunch</i> 9:00am Coffee Chat 9:30am Yoga and Laughter 10:00am Texas Hold'em 10:00am Goose Creek Bridge 10:30am Euchre 11:00am Stretch & Tone w/ Mary <b>11:00am Lunch Bunch—RR</b> <b>Clydes, Broadlands</b> <b>12 noon Lunch-RR-Donation</b> 12:30pm Mahjongg & Pinochle <b>1:30pm Chess Club</b>	<b>20</b> <i>Dance</i> <i>Fitness Fun!</i> 8:30am Table Tennis 9:00am Coffee Chat 9:00am Crochet Club 9:00am Stitch'n B Club 9:00am Ceramics 9:30am Spanish Workshop 10:30am Walking Club <b>11:00am Dance Fitness Fun!</b> <b>12 noon Lunch-RR-Donation</b> 12:45pm Bingo with Gail 12:45pm Pinochle 1:00pm Loudoun Bridge Buffs		
<b>23</b> <i>Lunchtime Music</i> 9:00am Coffee Chat 9:00am Sewing & Stitch-in 9:00am Ceramics 9:00am Computer Assistance <b>9:30am Investors Discussion</b> 10:30am Bid Whist 10:30am Walking Club <b>Lunchtime Music w/ Dan Chutes</b> <b>12 noon Lunch-RR-Donation</b> 12:45pm Pinochle & Mahjongg 1:00pm Bowling 1:00pm Art Studio 2:00pm Rummikub	<b>24</b> 9:00am Coffee Chat 9:30am Beginner Bridge RR 10:00am Euchre 10:00am Beginners Spanish RR 10:00am Texas Hold'em 10:30am Yoga with Nargis <b>12 noon Lunch-RR-Donation</b> 12:30pm Shopping at Wegmans 1:00pm Party Bridge	<b>25</b> <i>Guest Speaker</i> 9:00am Coffee Chat <b>9:30am Zumba Gold RR</b> 10:00am Internet Comp. Basic RR 10:30am Bible Study w/ Bill 10:30am Walking Club <b>12 noon Lunch-RR-Donation</b> 1:00pm Line Dancing 2:00pm Social Dance <b>2:00pm Guest Speaker—East meets West</b>	<b>26</b> 9:00am Coffee Chat 9:30am Yoga and Laughter 10:00am Texas Hold'em 10:00am Goose Creek Bridge 10:30am Euchre 11:00am Stretch & Tone w/ Mary <b>12 noon Lunch-RR-Donation</b> 12:30pm Mahjongg & Pinochle <b>1:30pm Chess Club</b> <b>6:30pm Caregiver Phone Support</b>	<b>27</b> <i>Celebrate You!</i> 8:30am Table Tennis 9:00am Crochet Club 9:00am Stitch'n B Club 9:00am Ceramics 9:30am Spanish Workshop <b>12 noon Lunch-RR-Donation</b> 12:45pm Bingo with Gail 12:45pm Pinochle 1:00pm Loudoun Bridge Buffs 2:00pm Celebrate You! 6:30pm Beaux & Belles— Potluck Dinner & Graduation		
<b>30</b> <b>HOLIDAY</b> <b>MEMORIAL DAY</b>			<b>31</b> 9:00am Coffee Chat 10:00am Euchre 10:00am Beginners Spanish RR 10:00am Texas Hold'em 10:30am Yoga with Nargis <b>12 noon Lunch-RR-Donation</b> 12:30pm Shopping at Wal-Mart 1:00pm Party Bridge		 <b>Summer Registration Begins</b> <b>Wednesday June 1st 9:00am</b>	 <b>Celebrating You!</b> <b>Recognition Event</b> <b>Fri., May 27th</b> <b>2:00 - 5:00 PM</b> <b>Lansdowne Resort</b> Admission is \$15. or complimentary for volunteers with more than 10 hours between July 1, 2010 to April 1, 2011.
			 <b>14th Annual Senior Expo</b> <b>Thursday, May 5th</b> <b>Bus departs Leesburg Senior Center at 2:30pm</b> <b>100 Vendors</b> Over 50 door prizes \$1.00/ person bus ride			

RR—Reservations Required

## For Your Information Coming in June

**Friday, June 3rd 10:00am Senior Prom with Heritage High**

**Monday, June 20th 9:00am Father's Day Breakfast**

## Coming in July

**Friday, July 1st 10:30am bus departs 4th of July Picnic at Carver**

**Wed., July 13th 1:00pm Confetti Dance Party**



## Social Security Administration News

The Manassas, VA Social Security Administration (SSA) Office has discontinued its visits to our Leesburg contact station. Access to Social Security services and information can be obtained in several ways

1. Going to the website [www.socialsecurity.gov](http://www.socialsecurity.gov)
2. Calling our national toll-free number at 1-800-772-1213 (voice) and 1-800-235-0778 (tty for the hearing impaired). Automated services are available 24 hours a day, seven days a week and a representative is available from 7:00am-7:00pm, Monday through Friday.
3. Visiting the local office between 9:00am and 4:00pm Monday through Friday at 9500 Center Street Manassas, VA 20110.
4. Writing to us.

The internet services include the following:

- Applying for benefits, including the extra help with Medicare's prescription drug costs;
- Checking the status of an online application;
- Changing an address or telephone number;
- Starting, changing or stopping direct deposit;
- Obtaining a replacement Medicare card;
- Requesting benefit statements and proof of income;
- Estimating future benefits;
- Finding answers for almost any question regarding Social Security; and
- Locating the nearest office if face-to-face service is required.

## Volunteer Appreciation Day Monday, April 11th at 2:00pm










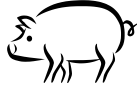













## The Peggy Lee and Dean Martin Event Monday, April 18th at 1pm





# MAY 2011 LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2.</b> <b>Beef BBQ on Bun</b> <b>Corn</b> <b>Broccoli</b> <b>Fruit</b> <b>Milk</b> 	<b>3.</b> <b>Fried Chicken</b> <b>Drumsticks</b> <b>Scalloped Potatoes</b> <b>Vegetable Blend</b> <b>Roll</b> <b>Fruit</b> <b>Milk</b> 	<b>4.</b> <b>Ham Quiche</b> <b>Escaloped Apples</b> <b>Tossed Salad</b> <b>Roll</b> <b>Fresh Fruit</b> <b>Milk</b> 	<b>5.</b> <b>Lasagna</b> <b>Tossed Salad</b> <b>Garlic Bread</b> <b>Fruit</b> <b>Milk</b> 	<b>6.</b> <b>Baked Fish</b> <b>Delmonico Potato</b> <b>Stewed Tomato</b> <b>Roll</b> <b>Fruit</b> <b>Milk</b> 
<b>9.</b> <b>Stuffed Cabbage</b> <b>Whipped Potatoes</b> <b>Vegetable Medley</b> <b>Roll</b> <b>Fruit</b> <b>Milk</b> 	<b>10.</b> <b>Salisbury Steaks</b> <b>Mashed Potatoes</b> <b>Green Beans</b> <b>Roll</b> <b>Fruit</b> <b>Milk</b> 	<b>11.</b> <b>Chicken Fillets</b> <b>Macaroni/ Cheese</b> <b>Spinach</b> <b>Fruit</b> <b>Milk</b> 	<b>12.</b> <b>Pork Chops</b> <b>Baked Potato</b> <b>Vegetable Blend</b> <b>Fruit</b> <b>Roll</b> <b>Milk</b> 	<b>13.</b> <b>Hoagie Sandwich</b> <b>Pasta Salad</b> <b>Chips</b> <b>Fruit</b> <b>Milk</b> 
<b>16.</b> <b>Hot Dog on bun</b> <b>Baked Beans</b> <b>Greens</b> <b>Fruit Cobbler</b> <b>Milk</b> 	<b>17.</b> <b>Escaloped Turkey and Noodles</b> <b>Tossed Salad</b> <b>Biscuit</b> <b>Fruit</b> <b>Milk</b> 	<b>18.</b> <b>Baked Potato</b> <b>Broccoli/cheese</b> <b>Chili</b> <b>Roll</b> <b>Fruit</b> <b>Milk</b> 	<b>19.</b> <b>Roast Beef</b> <b>Baked Potatoes</b> <b>Green Peas</b> <b>Roll</b> <b>Cake</b> <b>Milk</b> 	<b>20.</b> <b>Seafood Casserole</b> <b>Veggie Blend</b> <b>Fruit</b> <b>Roll</b> <b>Milk</b> 
<b>23.</b> <b>Italian Sausage on Bun</b> <b>Whole Potato</b> <b>Cabbage</b> <b>Roll</b> <b>Fruit</b> <b>Milk</b> 	<b>24.</b> <b>Herb Baked Chicken</b> <b>Rice Pilaf</b> <b>Greens</b> <b>Roll</b> <b>Fruit</b> <b>Milk</b> 	<b>25.</b> <b>Meatloaf</b> <b>Whipped Potatoes</b> <b>Vegetable Medley</b> <b>Roll</b> <b>Fruit</b> <b>Milk</b> 	<b>26.</b> <b>Spaghetti/ Meat-sauce</b> <b>Tossed Salad</b> <b>Garlic Bread</b> <b>Milk</b> 	<b>27.</b> <b>Tuna Noodle Salad</b> <b>Pickled Beets</b> <b>Cheese Cubes</b> <b>Chips</b> <b>Roll</b> <b>Fruit</b> <b>Milk</b> 
<b>30.</b>  <b>Holiday</b>  <b>No Meal Served</b>	<b>31.</b> <b>Chicken Patty Sandwich</b> <b>Baby Baked Potato</b> <b>Mixed Vegetable</b> <b>Fruit</b> <b>Roll</b> <b>Milk</b> 	<b>Reservation Required:</b> Reserve Your Lunch at least 24 hours before the day you would like to attend. <b>Call</b> <b>703-737-8039</b>	<b>Cost of Meal</b>  <b>\$4.00 for Adults ages 55-59 years old. By Donation for Adults ages 60 and up.</b>	<b>Lunch Served at 12:00 Noon</b> in the Dining Room Leesburg Senior Center 1 <sup>st</sup> Floor 215 Depot Court SE, Leesburg, VA 20175

# Dulles South Senior Activity Center

## DULLES SOUTH SENIOR ACTIVITY CENTER

24950 Riding Center Dr.  
South Riding, VA 20152  
571-258-3883

Please contact the Dulles  
Senior Activity Center for  
information about Special  
Events for seniors

## SPECIAL EVENTS

### Let the Children Sing May 16, 18, 23, 27, 31 11:30am-12:30pm

First grade students from  
Pinebrook Elementary visit.  
They will entertain us with  
the songs of spring!  
PLEASE NOTE: Lunch will  
be served @ 12:30pm on  
these days. Please plan  
accordingly.

### Family Potluck and Games

Thurs., May 26, 2011  
5:30pm-8:30pm

Join us for dinner at  
6:00pm with your family  
and friends. Bring a dish  
and drink to share. Bring  
utensils for your dish. After  
dinner we will PLAY  
BINGO!!!

### 2011 Spring Recognition Event Friday, May 27th, 2011 2:00pm-5:00pm

A celebration for our out-  
standing volunteers and  
amazing seniors. Wear  
your "Sunday Best". Tick-  
ets to this event can be  
purchased. (Please see  
Ann @ center). MUST  
HAVE TICKET TO AT-  
TEND.

### Birthday Celebration Wed., May 25th, 2011 12:30pm-1:30pm

We will celebrate all May  
birthdays.

## Activities AND EXERCISE

### Yoga for Seniors w/ Marilyn Mon. Wed. & Fri., 11am Thursday 10:00am

Enjoy the benefits of a life  
with YOGA. This class prac-  
tices yoga while seated in a  
chair for the benefit of all  
seniors. Improve your  
strength, balance & flexibil-  
ity in this class. Try Laugh  
Yoga, you will leave this  
activity with a smile on your  
face.

### Ping Pong Clinic

Mon. & Fri. 10:30am

Sign-up & learn the ins &  
outs of 'table tennis' Re-  
member the good ole days  
of the family ping pong table  
in the rec room. GREAT  
exercise & really fun. Learn  
the game & then enjoy play-  
ing ping pong with friends.

### Tai-Chi 24 w/ Friends Tues & Wed. 10:00am

You will enjoy this very au-  
thentic form of exercise  
from China.

### Line Dance w/ Sucha Every Tues. 11:00am

Consider performing locally  
with the group that com-  
peted in Sr. Olympics in  
NOVA 2010.

### English Chat

Every Tues., & Wed. 1pm

For those working on im-  
proving communication  
skills in English.

### Crafting Together Every Wed., 10:30am

If you knit, sew, crochet or  
maybe general crafting is  
your thing, friends with like  
minds meet to work and  
share new ideas.

**Yoga with Marilyn**  
Every Thur., 11:00am  
Traditional Yoga. Please bring  
your Yoga mat.

### Mahjongg

**Please inquire at Center**  
Learn the traditional or Wright  
Patterson way of playing this  
ancient Chinese tile game.

**Computer w/ Alfred**  
Tues. 10:30am-1:00pm  
Computer Help

### Art Forum with Clara Every Thurs. 1:00pm

List of supplies avail. from  
instructor. Class size limit.

**Shopping at Kmart**  
Every Monday 1:00pm

### Prayer Meeting Mon-Fri. 10:30am-11am

Group meets in conference  
room. All welcome.

### Library Outreach Services

2nd Fri. 11am

LCPL visits D.S.S.A.C. for a  
monthly book/tape/CD ex-  
change. Participants are wel-  
come to borrow books, etc.  
from the centers ever-growing  
library.

### Advisory Board Meeting

1st Tues. 1:00pm

Meetings to fulfill the mission  
of the senior center.

### Nutrition and Healthy Aging Wed., 10:30am

Make an appointment today  
and meet with a health profes-  
sional to discuss healthy ag-  
ing and nutrition in your life.  
This program is offered FREE  
of charge.

### One-on-One Support with Kathy Kehoe 2nd & 4th Wed. 12:30-2:30pm

Elder Case Manager of  
the Agency on Aging.  
Confidential, supportive  
counseling for aging is-  
sues. A sign up sheet is  
avail. in staff office; or call  
Kathy for questions about  
your appointment. 703-  
737-8741.

### Loudoun Mobile Health Services

3rd Tues. 11:00am

Stop by and have your  
blood pressure and heart  
rate monitored monthly.

### Games Galore Daily 11:30am

Start your weekend out  
right....PLAY. Jump start  
vocabulary with a good  
game of Scrabble, DOMI-  
NOES (all types) RUMMI-  
KUB, Mah Jongg, etc.

### \*\*NEW GROUP\*\*

### Beginning English for Seniors

A new free learning op-  
portunity for members of  
the Dulles South Senior  
Activity Center. This  
group meets Mondays  
May 9th from 10:00-  
11:00am. During the six  
week course, seniors  
will learn basic English  
speaking skills such as  
greetings, numbers, let-  
ters, and answers to im-  
portant questions, like  
"Where is the rest-  
room?"

You will need a loose  
leaf notebod with writ-  
ing paper something to  
write with, a willingness  
to learn and a sense of  
humor. The group will  
meet May 9—June 13th  
from 10am-11am  
If interested see Ann at  
center

## Adult Day Centers - Leesburg & Purcellville



**ADULT DAY CENTER AT LEESBURG**  
**Manager, Cheryl Flowers 703-771-5334**

Adult Day Centers provide activities and services for seniors with memory problems or various physical needs. These services provide a safe, social environment, therapeutic activities, individualized personal care; adults are assisted to maintain and enjoy their independence and abilities.

Assisting these sen-

iors throughout the day provides caregivers well deserved time for respite. Sliding-scale fees apply. Limited door to door transportation is available to and from the center in Leesburg to Leesburg, Sterling and Ashburn areas, and from the center in Purcellville to Purcellville, Round Hill, Hamilton and other surrounding areas.



**ADULT DAY CENTER AT CARVER**  
**Manager, Megan Carriere 571-258-3402**

For questions about the Leesburg Adult Day Center call 703-771-5334, or Carver Adult Day Center at 571-258-3402.

**View our Adult Day Center video on our AAA website; go to [www.loudoun.gov/adulday](http://www.loudoun.gov/adulday)**

## Support Groups

### Alzheimer's Caregiver Support Groups

**Adult Day Center - Carver** 200 Willie Palmer Way, Purcellville, VA 20132  
 Every Third Tuesday from 12:30-1:30pm.

**Galilee United Methodist Church**  
 45425 Winding Road, Sterling, Virginia 20165  
 Second Monday of each month 7:00p.m.

**Contact Dee Steubing at 703-430-9229**

For information on Alzheimer's Support Groups outside Loudoun County please call the Alzheimer's Association 24/7 Helpline at 703-359-4440 or toll-free 1-800-272-3900 or online [www.alz.nca.org](http://www.alz.nca.org)

*JOURNEY TO THE  
BETTER HALF OF LIFE*

Label Here



***May 2011  
Happy Mother's Day***

## **Senior Activity Center at Leesburg**

- May 3 - La Nuit - Dinner Out RR**
- May 4 - Inova Health Van**
- May 4 - Zumba Gold RR**
- May 4 - History Class**
- May 4 - Thrift Store Shopping**
- May 5 - Plant Sale at Monroe Vo-Tech RR**
- May 5 - Leesburg Senior Activity Center Advisory Board Meeting**
- May 5 - Senior Expo RR**
- May 6 - Friday Fitness Fun!**
- May 9 - Mother's Day Luncheon RR**
- May 11 - Book Club**
- May 12 - Diabetes Support Group**
- May 13 - History Club**
- May 16 - Lunchtime Music with Dan Chutes**
- May 18 - May Birthday Party RR**
- May 19 - Lunch Bunch RR**
- May 20 - Dance Fitness Fun**
- May 25 - Guest Speaker**
- May 27 - Celebrate You! RR**

If you would like to be a contributor to the Silver Star and have information newsworthy to seniors, submit to Jackie Mayne @ 703-777-0358—215 Depot Court, SE, Leesburg, VA 20175 or via e-mail at [jackie.mayne@loudoun.gov](mailto:jackie.mayne@loudoun.gov). Deadline for material is the 5th of the previous month. No publication guarantee. Submissions are reviewed for content suitability, and may be edited for content and space. Items submitted will not be returned.